



GYMNASTICS ACADEMY

STARTING GYMNASTICS 2020 COVID-19 POLICY

Flight Gymnastics Academy CIC
Ballycraigy Business Park, 655 Antrim Road
Newtownabbey, BT36 4RG
T: 028 9083 3603
E: office@flightgymnastics.co.uk
www.flightgymnastics.co.uk



Contents

1. Getting Back to Gymnastics	2
2. The “New” Gym	3
3. PreSchool	4
4. General Gymnastics	5
5. Acrobatic Gymnastics	6
6. Trampoline	7
7. Tumbling	8



Starting Gymnastics – The New Normal

This document will provide you with all the information you need to know about what we have done to make the gym a safe place to train, what you need to do before, during and after class and what classes will be like for the next while.

We would like to thank everyone for their support over the past few months. In relation to Covid-19, we have worked hard to apply all of the information supplied by the Government, Sport NI and our governing body, British Gymnastics to how we operate at Flight to ensure we are providing a safe environment for our gymnasts and coaches. Things that we have done to make sure we adhere to the guidance include:

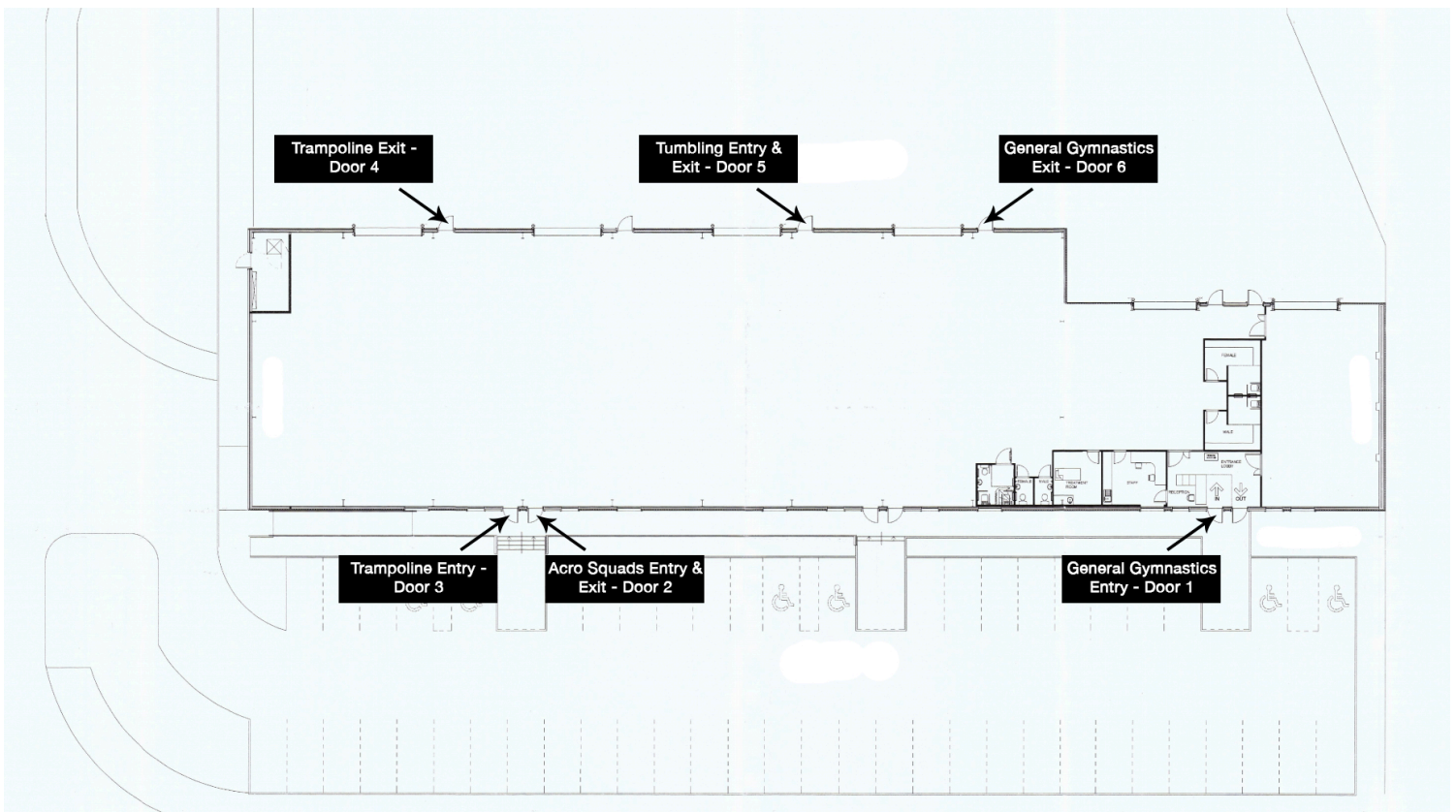
- A Covid-19 Risk Assessment has been carried out for all areas of the gym and we have had a deep clean carried out. Our appointed Covid-19 Officer is JUDITH HINDES.
- Separate entrances and exits for all of the disciplines that we have (General Gymnastics, Trampoline, Acro, Tumbling) which will be controlled by a coach.
- Frequent hand sanitisation – we have installed 18 different automatic hand sanitiser stations throughout the gym. Each entrance and exit has its own station.
- Class sizes have been reduced
- Waiting Area has been removed. There will be no spectators/allowed in the gym during class
- Recreation class times have been reduced to 45 mins to allow for cleaning in between every class
- Floor areas and gymnast waiting areas at equipment have been clearly marked out to ensure social distancing
- Automatic hand dryers installed in toilets which are available for use
- Vending machine and coffee machine not available
- Coaches will not be able to physically spot and support gymnasts so we have adapted our sessions accordingly
- Changing rooms will no longer be in use
- We have produced detailed guidance for how each discipline will return to gym – please see the following pages
- All enquiries must be made via email or telephone. If you need to speak to a specific coach please email office@flightgymnastics.co.uk and we will arrange for the coach to get in touch
- Lost Property: Any clothing left behind at the end of sessions will be put in a clear plastic bag and labelled with the date. Clothing will be kept for 2 weeks before being disposed of. Any water bottles left behind will be disposed of the following day



The “New” Gym

In order to ensure social distancing during class we have had to create more space in the gym by removing some pieces of equipment and clearly marking our floor areas with waiting spots and working areas.

We are very fortunate to have a lot of doors in our building, so we are able to have separate entries and exits for our groups. Parking will be at the front and rear of the building depending on which door you will be using. An outline of these is shown below:



Returning to PreSchool Gymnastics

1. If your child or someone in your family is sick or has any symptoms of COVID-19 please stay at home
2. Changing Rooms are not in use so gymnasts should come to training ready to start
3. For PreNursery and PreSchool classes, parent MUST take part in the class with your child
4. Parents should park in the front car park and line up to the left of the Door 1.
5. You will be met by a coach at the door where you will sanitise your hands and move into the waiting area which is marked with individual spaces for you to leave your belongings
6. Shoes that are easy to take off and put on are preferable. Gymnasts should not wear ANY jewellery and long hair MUST be tied up
7. Once everyone is in you will move to a space on the floor to begin your class. Parents will accompany gymnasts throughout the session
8. We will be encouraging good hand hygiene throughout sessions
9. At the end of sessions gymnasts and parents will collect their personal belongings before exiting the gym through Door 1 sanitising hands as you leave. Prompt exit is required as we have a short turnaround time before the next class.
10. Coaches will be cleaning equipment as needed during sessions and a full clean will be done at the end of each session

Returning to General Gymnastics

**These guidelines are for Recreation General Gymnastics, Teen Gym,
General Gymnastics Team and Acrobatic Gymnastics Team**

1. If your child or someone in your family is sick or has any symptoms of COVID-19 please stay at home
2. Changing Rooms are not in use so gymnasts should come to training ready to start
3. Parents should park in the front car park and line up to the left of the Door 1.
4. You will be met by a coach at the door where you will sanitise your hands and move into the waiting area which is marked with individual spaces for you to leave your belongings
5. Shoes that are easy to take off and put on are preferable. Gymnasts should not wear ANY jewellery and long hair MUST be tied up
6. Once everyone is in your coaches will direct you to a space on the floor to begin your class.
7. All gymnasts will perform a socially distanced group warm-up on the main floor before being split into smaller groups to rotate around the apparatus.
8. We will have a one-way system to move around the gym.
9. We will be encouraging good hand hygiene throughout sessions
10. At the end of sessions gymnasts will collect their personal belongings and wait for parents to collect them.
11. For collection parents should park at the rear of the building and collect children from Door 6. Gymnasts will sanitise their hands as they leave the building
12. We would encourage parents to please be on time at the start and end of sessions. If you are late for pick-ups gymnasts will need to wait in an "Isolation Area" to avoid cross-contamination as coaches clean to get ready for the next session
13. Coaches will be cleaning equipment as needed during sessions and a full clean will be done at the end of each session

Returning to Acrobatic Gymnastics

1. If your child or someone in your family is sick or has any symptoms of COVID-19 please stay at home
2. Changing Rooms are not in use so gymnasts should come to training ready to start
3. Parents should park in the front car park and line up to the right of the Acro Door (Door 2). Parents can line up with gymnasts if you wish
4. You will be met by a coach and you will sanitise your hands, take your shoes off and then stand on a marker on the black acro floor with shoes in hand
5. Once everyone has arrived you will be able to leave personal belongings in your own box in small groups
6. We understand gymnasts may be anxious about returning to gym and what they will be doing. We will talk to the gymnasts in their first few sessions about what to expect over the coming months as we aren't able to do full acro training.
7. As requested you will each have your own personal training equipment which can be left in the gym
8. We will be encouraging good hand hygiene throughout sessions
9. At the end of sessions gymnasts will collect their personal belongings and return to a marker on the black acro floor. Parents should come to Acro Door to collect gymnasts. Gymnasts will be dismissed one at a time at the end of sessions, sanitising hands as they exit the building
10. We would encourage parents to please be on time at the start and end of sessions. If you are late for pick-ups gymnasts will need to wait in an "Isolation Area" to avoid cross-contamination as coaches clean to get ready for the next session
11. Coaches will be cleaning equipment as needed during sessions and a full clean will be done at the end of each session

Returning to Trampoline

1. If your child or someone in your family is sick or has any symptoms of COVID-19 please stay at home
2. Changing Rooms are not in use so gymnasts should come to training ready to start
3. Parents should park in the front car park and line up to the left of the Trampoline Door (Door 3). Parents can line up with gymnasts if you wish
4. You will be met by a coach and you will sanitise your hands and then stand in one of the marked areas at the trampolines
5. Shoes that are easy to take off and put on are preferable. Gymnasts should not wear ANY jewellery and long hair MUST be tied up
6. You will be able to leave personal belongings in your own area
7. We understand gymnasts may be anxious about returning to gym and what they will be doing. We will talk to the gymnasts in their first few sessions about what to expect over the coming months.
8. We will be encouraging good hand hygiene throughout sessions
9. At the end of sessions gymnasts will collect their personal belongings. Parents should park at the rear of the building and come to Trampoline Door 4 to collect gymnasts. Gymnasts will be dismissed one at a time at the end of sessions, sanitising hands as they exit the building
10. We would encourage parents to please be on time at the start and end of sessions. If you are late for pick-ups gymnasts will need to wait in an "Isolation Area" to avoid cross-contamination as coaches clean to get ready for the next session
11. Coaches will be cleaning equipment as needed during sessions and a full clean will be done at the end of each session

Returning to Tumbling

1. If your child or someone in your family is sick or has any symptoms of COVID-19 please stay at home
2. Changing Rooms are not in use so gymnasts should come to training ready to start
3. Parents should park in the front car park and line up to the left of the Tumbling Door (Door 5). Parents can line up with gymnasts if you wish
4. You will be met by a coach and you will sanitise your hands and then stand in one of the marked areas at the tumble track
5. Shoes that are easy to take off and put on are preferable. Gymnasts should not wear ANY jewellery and long hair MUST be tied up
6. You will be able to leave personal belongings in your own area
7. We understand gymnasts may be anxious about returning to gym and what they will be doing. We will talk to the gymnasts in their first few sessions about what to expect over the coming months.
8. We will be encouraging good hand hygiene throughout sessions
9. At the end of sessions gymnasts will collect their personal belongings. Parents should park at the rear of the building and come to Tumbling Door 5 to collect gymnasts. Gymnasts will be dismissed one at a time at the end of sessions, sanitising hands as they exit the building
10. We would encourage parents to please be on time at the start and end of sessions. If you are late for pick-ups gymnasts will need to wait in an "Isolation Area" to avoid cross-contamination as coaches clean to get ready for the next session
11. Coaches will be cleaning equipment as needed during sessions and a full clean will be done at the end of each session